

Gift Wellness Foundation Annual report 2 Nov 2021– 1 Nov 2022

Gift Wellness Foundation, registered number 1182451

Correspondence address:

63 Gladstone Street

Derby, DE23 6PQ

The Objective

The relief of poverty and the promotion and preservation of good health among women and girls in such parts of the world as the trustees shall from time to time determine by the provision of sanitary products that they would otherwise be unable to afford due to lack of means and by the provision of information regarding the use of sanitary products and menstruation and personal hygiene in particular but not exclusively by working with established national, international registered charities and organisations, focusing on projects to supply non-toxic and ethical sanitary products to women and girls in need.

Trustees

Chair of the Gift Wellness Foundation: Dr Zareen Roohi Ahmed

Trustees:

1. Dr Zareen Roohi Ahmed
2. Aneesa Talib
3. Naurin Ahmed

Bank

Royal Bank of Scotland

Market Place

Derby, DE1

Through our website: www.PeriodPoverty.uk, the Gift Wellness Foundation supports women in crisis by providing non-toxic sanitary pads to women who can't afford or access them, such as homeless and refugee women, those who rely on food banks such as women on low incomes and students; and to girls who are prevented from attending school simply because they don't have menstrual products.

·With the support of local volunteers, community organisations, local authorities and businesses we are working towards our goal of eliminating period poverty in the UK's most deprived communities by the end of 2025; starting with our home city of Derby.

·Continue to provide sanitary pads to women in refugee camps in disaster-stricken and war-torn parts of the world

·Alongside our provision of sanitary products, we focus on dispelling myths and taboos about periods and work to normalise the conversation about periods, so that girls and women are no longer held back because of their periods

Below are the key highlights from this year's activities:

RED REBEL DAY

Following the growth in demand for period products during and following Covid 19, we needed to increase the momentum of our work to meet the demand. The idea we came up with was an annual campaign, similar to Red Nose Day or the BBC Children in Need.



In March 2022 we launched our inaugural Red Rebel Day campaign to raise funds for our Poverty. A weekend of fundraising activities by our volunteers raised over £25,000.

SYRIAN REFUGEE CAMPS DEPLOYMENT

In August 2022, in partnership with Human Appeal charity, our Chair Dr Zareen Roohi Ahmed joined a deployment to Lebanon to distribute over 500 'Hygiene Kits' containing essential menstrual products to women in Syrian refugee camps.



PERIOD ANGELS APP

In September 2022, we began development of our Period Angels App.



Period Angels is a one-stop platform for tackling period poverty. It directs USERS (those experiencing period poverty) to free period products in their local area; enables VOLUNTEERS (e.g. schools) who collect period products and connects them to local ORGANISATIONS (e.g. food banks) who require free products for those in need. Until now, our passionate Volunteers would collect period products and send them to us to distribute to food banks and charities who were serving those experiencing period poverty. We helped many but it was disjointed, expensive and not very eco-friendly! We needed a transparent and comprehensive way to facilitate the whole process and one which would help forge long-term sustainable relationships within communities, to serve the needs of those experiencing period poverty.

HOW IT WORKS

The Period Angels app serves 3 groups:

- (i) VOLUNTEERS (INDIVIDUALS, SCHOOLS, COMMUNITY OR CORPORATE TEAMS) collect period products to donate to their local food banks and charity organisations. Volunteers will view a list of local Organisations and what period products they require. They will select the Organisation that they choose to supply and arrange delivery of their collections to them through the app.
- (ii) ORGANISATIONS (FOOD BANKS, HOMELESS WOMEN'S CHARITIES OR SHELTERS) who need period products for their users, sign up and list their details and their level of period product requirement based on the number of Users per month.
- (iii) USERS (THOSE EXPERIENCING PERIOD POVERTY) can log in to the app and be directed to the nearest location where free period products are available based upon either the user's GPS location or postcode. Users can filter their search on the type of products available and find where exactly the products are located.


App launch scheduled for Dec 2022.
Available on IOS and Android.

Gift Wellness Foundation Account 2 Nov 2021 - 1 Nov 2022

Opening Balance	£	2,482
Money In	£	49,294
Money Out	£	43,720
Closing Balance	£	8,057

GIFT WELLNESS FOUNDATION ACCOUNTS

YEAR END 1 NOVEMBER 2022

 CHARITY COMMISSION FOR ENGLAND AND WALES	GIFT WELLNESS FOUNDATION				1182451	CC16a
	Receipts and payments accounts					
	For the period from	02/11/2021	To	01/11/2022		
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £	
A1 Receipts						
Donations	44,356	-	-	44,356	42,167	
HMRC Gift Aid	4,938	-	-	4,938	2,446	
Sub total (Gross income for AR)	49,294	-	-	49,294	44,613	
A2 Asset and investment sales, (see table).						
	-	-	-	-	-	
	-	-	-	-	-	
Sub total	-	-	-	-	-	
Total receipts	49,294	-	-	49,294	44,613	
A3 Payments						
Purchase of menstrual products	43,000	-	-	43,000	39,300	
Donation processing fees	720	-	-	720	2,638	
Social media scheduling		-	-	-	250	
Sub total	43,720	-	-	43,720	42,188	
A4 Asset and investment purchases, (see table)						
	-	-	-	-	-	
	-	-	-	-	-	
Sub total	-	-	-	-	-	
Total payments	43,720	-	-	43,720	42,188	
Net of receipts/(payments)	5,574	-	-	5,574	2,425	
A5 Transfers between funds	-	-	-	-	-	
A6 Cash funds last year end	2,482	-	-	2,482	57	
Cash funds this year end	8,057	-	-	8,057	2,482	

Section B Statement of assets and liabilities at the end of the period				
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Bank	8,057	-	-
		-	-	-
		-	-	-
	Total cash funds	8,057	-	-
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	Details			
B2 Other monetary assets		-	-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name		Date of approval
		Zareen Roohi Ahmed		22/09/2023
		Aneesa Talib		22/09/2023

We have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Evans & Associates
86C Water Street
Birmingham
B3 1HL